

Welcome Encore Members!

ENCORE: FRONT AND CENTER!

The Encore Program is taking center stage in the fall by offering new and interesting activities for you.

At 8 a.m. on Saturday, September 12, at the West Senior Center, Encore will be partnering with SilverSneakers® in hosting the **Second Annual Pancake Breakfast** sponsored by Humana. Following the breakfast and the Encore drawing, the West Boulder Senior Center will be celebrating its 30th Anniversary. There will be entertainment, displays of the past and the dedication of the transit stops new tile art project.

Calling all fishermen! You are all invited to our first fishing derby at Walden Ponds on Friday, September 18. The City of Louisville, the City of Lafayette and the town of Erie are all invited, so let's meet some new friends and represent Boulder with a great catch!

Encore will also be partnering with the **Society of Creative Aging** in some really exciting classes to stimulate all of our artistic senses. These classes will culminate in a community event full of poetry, art, music and movement from 4 to 6 p.m. on Saturday, November 14 at the West Boulder Senior Center.

Some other Encore activities to look for include a **new book club** and a cooking class featuring **Chicken Thai Curry**.

We are still offering the **new reduced fee** for our resident low income seniors to become Encore members in 2009, which is supported by the Boulder County Aging Services Create Our Future Fund, so inquire at the East or West front desk for more information and get involved today.

Encore offers an array of stimulating programs which enhance social and civil engagement and optimize physical and mental health and well being.

WHY JOIN ENCORE?

As an Encore member you can:

- Receive discounts on selected activities offered by Boulder Senior Services
- Get discounts on parking permits at West
- Sample a variety of selected classes for free
- Become a member of the Boulder Municipal Employees Credit Union
- Attend exclusive events for Encore members
- Win prizes
- Attend trips for \$5
- Use the Port of Encore computer lab at West
- Register early before non-Encore members
- Socialize and discover a new interest
- Have fun!
- Added benefit: evening massage appointments

ENCORE FEES

**Encore City Resident..... \$20 Individual
\$10 second person at same address**

**Encore Non Resident \$25 Individual
\$10 second person at same address**

**Low Income Resident..... \$10 Individual
\$5 second person at same address**

Membership runs from date of purchase for an entire year.

If you know of an interesting person or talented group that would like to speak or perform for Encore, please call Phyllis Klicker at 303-441-4437.



Encore would like to give a special thank you to Nick-N-Willy's Pizza at 801 Pearl Street for sponsoring our Encore Pizza Making Demonstration. The pizza was absolutely delicious!



Encore Book Club



Come join the Encore Book Club which will use the Boulder Public Library's Books in a Bag program. At the first meeting, we will look over the book titles available and determine which book(s) we'll read. Once we make our choices, we will meet every third Thursday of the month. It's a great opportunity in the fall months to curl up with a great book and share your thoughts while socializing with others.

Facilitator: . Phyllis Klicker

Location:.... West Senior Center

Date: Thursday, Sept. 10 – Nov. 19

2:30 to 3:30 p.m., 4 meetings

Thursday, Sept. 10 – select book(s),
Thursday, Sept. 17, Thursday, Oct.
15, Thursday, Nov. 19

Fee:..... Encore Members..... Free

Bar Code:... 113102



Encore member James McCoy is enjoying a moment with the Bennett School of Irish Dancers. James won the winter bingo card drawing and received a \$50 gift certificate from Sunflower Farmers Market.

Encore Lecture: Connecting With Today's Grandkids



Between iPods, Twitter, PSP, Facebook and a million other means of entertainment and innovation, something has been lost in connecting with our grandkids and the younger generation in general. However, there are still many great relationships that continue to grow and flourish despite the perceived growing adversity. Through this lecture you will gain insight into the mind of the adolescents of today and understand why they think the way they do and how to connect with them. Through stories, wit and hard evidence Iain Bryant brings to the forefront the need for grandparent involvement and concrete ways to succeed in your relationship with the younger generation.

Instructor: .. Iain Bryant

Location:.... East Senior Center

Date: Wednesday, September 30
Noon to 1 p.m.

Fee:..... Encore Members..... Free

Bar Code:... 112906

Encore Event: Encore/ SilverSneakers® Pancake Breakfast



Meet the Members Pancake Breakfast: On Saturday, September 12, join us at the West Boulder Senior Center for our second annual Encore and SilverSneakers® Pancake Breakfast in celebration of Grandparent's Day. Enjoy a wonderful pancake breakfast sponsored by Humana with fellow members, family and friends. Encore members will also have their grand prize drawing. Registration is required for this event, so be sure to register early.

Location:.... West Senior Center

Date: Saturday, September 12
8 to 10 a.m.

Fee:..... Encore Members..... \$3
Silver Sneakers..... \$3
Guests..... \$6

No tickets will be sold at the event.

Bar Code:... 112696



Expressions

An Afternoon of Ageless Creativity

**Saturday,
November 14
4 to 6 p.m.**

West Senior Center

Featuring:

- Art Show
- Poetry Reading
- Music and Movement
- Refreshments

**No Registration Required.
Open to all.**

Encore Enrichment: Rhythms of Your Life



No musical experience required! This is a time for musical delight and to experience music in a dynamic, new and accessible way. Classes consist of "Getting to Know You" in a musical sense. We will dig into personal stories and reflections that take us into creative storytelling and songwriting. It is widely proven that music, drumming and playing rhythm instruments stimulate the senses and promote health! Encore is excited to partner with the Society of Creative Aging. The poetry workshop and the Rhythms of Your Life class will culminate in a community event called Expressions scheduled for Saturday, November 14.

Instructor:... Deborah Palmer

Location:.... West Senior Center

Date: Wednesdays, October 7 – November 4
10 to 11 a.m., 5 classes

Fee:..... Encore Members..... \$36
Non Encore..... \$45

Bar Code:... 113103

Encore Special Event: Fishing Derby



In partnership with Boulder County Parks and Open Space, the City of Boulder, the City of Louisville, the City of Lafayette and the Town of Erie are all invited to a fishing derby. The fishing derby is set for Friday, October 9 at Walden Ponds Wildlife Habitat.

- Walden Ponds Wildlife Habitat is located 5 miles northeast of Boulder, ½ mile south of the Jay Road and North 75th Street intersection on the west side of North 75th Street.
- Wally Toevs Pond at Walden Ponds Wildlife Habitat is for seniors and disabled individuals.

Following the derby, which ends at 9:30, prizes will be awarded for the largest and smallest trout caught, best fishing hat and best fishing joke. All seniors (64 years and older) are welcome to join the derby at Wally Toevs Pond. Participants must have a valid Colorado fishing license. Please bring your own fishing gear and folding chair. Artificial and live bait are permitted. A wheelchair accessible fishing pier is available along with restrooms and a small picnic

Encore Enrichment: Poetry and Writing



In collaboration with the Society of Creative Aging, Encore is presenting a poetry workshop called "Writing Your Life in Poetry". Life review is one of the best ways to spark creativity. Our poetry sessions are built on profound respect for the stories each of us carries about our life and are based on the theme, "Who I am Matters". Participants will learn to listen to poems in a way that will encourage discussion and reflection. You will then create your own life poems and reflections: acquiring or rediscovering skills in writing techniques for poetry composition with exercises guided by an experienced poet. The writings generated from this session will be shared and used for inspiration in the Rhythms of Your Life class. The poetry workshop and the Rhythms of Your Life class will culminate in a community event called Expressions scheduled for Saturday, November 14.

Location:.... West Senior Center

Date: Mondays, September 14 - October 12
10 to 11 a.m., 5 classes

Fee:..... Encore Members..... \$36
Non Encore..... \$45

Bar Code:... 113138



Encore member Maggie Laubisch was the winner of the jelly bean guess. Maggie's guess was 2700 and the actual number was 2723.

Encore Cooking Class: Chicken Thai Curry



Karen, who is on our staff at the East Center, will become chef for the day. She will demonstrate her new interest in healthy Thai cooking, narrating while she is cooking up this scrumptious light dish to sample. It has many variations, and uses lots of vegetables and leftovers. In class, we will make one dish of chicken Thai Curry with lime cilantro rice, and you will want to go home and start cooking!

Instructor:.. Karen Morgan

Location:.... East Boulder Senior Center

*Date: Wednesday, November 18
1:30 to 2:30 p.m.*

Fee:..... Encore Members..... Free

Bar Code:... 112908

area. Fishing may not begin until 7 a.m. and glass containers must be kept inside vehicles. Following the derby, snacks will be provided and prizes awarded. Come and meet some new friends or just enjoy the fun of watching that special fish get away.

Location:.... Wally Toevs Pond

*Date: Friday, October 9
7 to 10 a.m.*

*Fee:..... Encore Members..... \$3
Non Encore..... \$5*

Bar Code:... 112695

Encore: 'Keep It Clean' Watershed Program



Are you interested in leaving a legacy of clean water? It's easy and fun to make a difference with the 'Keep it Clean' Watershed Stewardship Program – an innovative, community-based plan that engages residents in developing simple, water-friendly lifestyle practices that immediately reduce pollution and help protect our scenic streams and lakes. As part of a team, stewards participate in a series of meetings, completing an easy-to-follow program that ultimately creates a greener, more livable community. Participants learn about their local water resources, review potential actions, and share their ideas – and successes! The program concludes with a fun, celebratory activity.

Instructor:.. Terri Cook

Location:.... West Senior Center

*Date: Fridays, Oct. 2, Oct. 16, Oct. 30, Nov. 13
10 a.m. to Noon, 4 classes*

Fee:..... Encore Members..... Free

Bar Code:... 112877



At the spring picnic, the egg race was a kick.



Encore members listened intently to the information presented about Ikebana.

ENCORE DAY TRIPS

Free Trips: Due to budget cuts, Encore can no longer offer free trips. A small fee will be assessed for all trips.

- One \$5 trip per Encore member per quarter
- List \$5 trip preference on your registration form: First choice, second choice, third choice

Lady Luck Casino



Let's travel to Black Hawk to try our luck at the Colorado Central Station. This casino package includes cash, discounts on food and more.

Date: Thursday, Sept. 3 • 9 a.m. to 3 p.m.

Fee:..... Encore Members..... \$5

Includes transportation, escort and casino package. Motorcoach. Elevation is 8,500 ft.

Bar Code:... 113109

Sweet Adelines
Skyline Chorus

This 2009 Sweet Adelines International 4th Place medalist chorus presents its annual show in Denver, 'Happily Never After'. Featured guest is 2008 Barbershop Harmony Society International Quartet finalist, Storm Front Quartet.

Date: Saturday, Sept. 19 • Noon to 6 p.m.

Fee:..... Encore Members..... \$20

Includes transportation, escort and chorus presentation. RTD bus.

Bar Code:... 113117

Ghost Walk/Ghost Talk



Join Historic Boulder for its very spirited hair-raising fundraiser Ghost Walk/Ghost Talk. If you like that fake horror stuff, pay a visit to one of the many haunted houses scattered across the metro area. But if you crave a more authentic experience, consider taking a walking tour of local businesses and landmarks in downtown Boulder. In addition to learning about the architecture and history of each building, psychics will be on hand to share stories not found in history books.

Location:.... Meeting point to be announced

Date: Friday, October 30 • 6 to 9 p.m.

Fee:..... Encore Members..... \$5

Dress for changing weather and wear a good pair of walking shoes.

Bar Code:... 113204

Spirit of Flight Center/
Lunch at Vista
Ridge Golf Club

Encore members will enjoy a tour of this museum in Erie which features the Spirit of Flight Hall of Honor displaying hundreds of rare aviation items and artifacts which represent the past, present and future of flight.

The core of the collection features WWII items including WWII aircraft, aircraft parts, rare engines, memorabilia, art, uniforms and much more. Cold War era artifacts are also on display including a jet engine pod from a P2V Neptune.

Date: Thursday, November 12

10 a.m. to 2 p.m.

Fee:..... Encore Members..... \$5

Includes transportation, escort and museum entrance. Lunch is on your own (\$6 to \$10) at the Vista Ridge Golf Club. Senior Services bus.

Bar Code:... 113137

Hazel Dell Mushroom
Farm Tour

You may have seen Hazel Dell Mushrooms listed at many of Colorado's finer restaurants or at the local farmers markets. Now is your chance to tour their farm near Windsor and see how mushrooms are cultivated. They only have tours of their facilities once a year so join us and sample their delicious mushrooms. Afterwards, we will have lunch (on your own) at the Main Street Grill.

Date: Saturday, November 14

9 a.m. to 3 p.m.

Fee:..... Encore Members..... \$5

Includes transportation, escort, and tour. Senior Services bus. Lunch is on your own (\$10 to \$12).

Bar Code:... 113134